

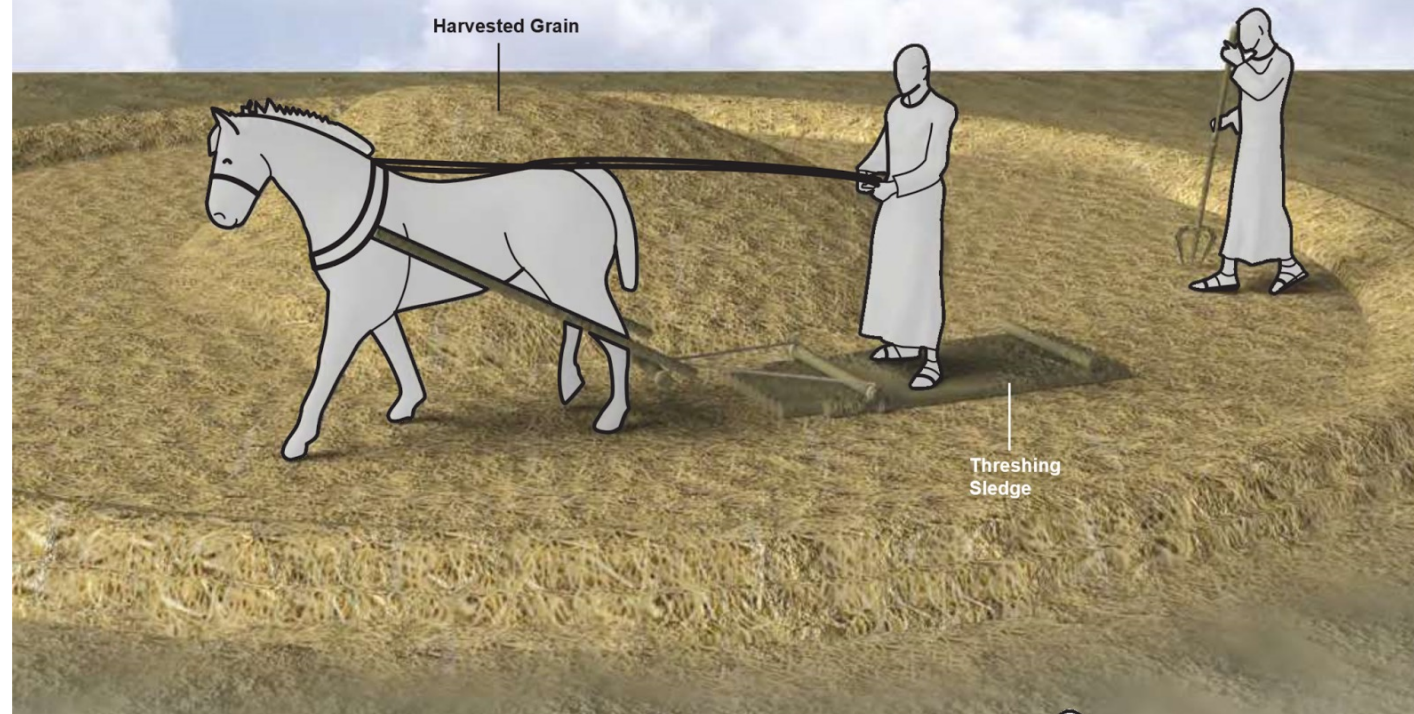
Ordinary Me

Judges 6: 1-17, 25-26

Judges 6:12

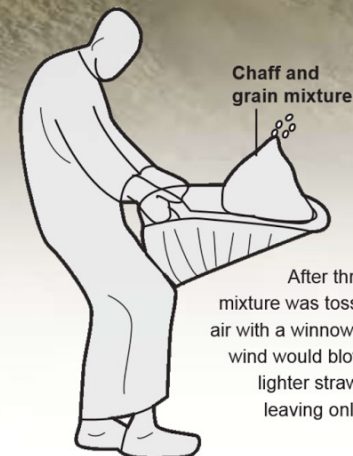
¹² And the angel of the LORD appeared to him and said to him, "The LORD is with you, O mighty man of valor." (ESV)

¹² When the angel of the LORD appeared to Gideon, he said, "The LORD is with you, mighty warrior." (NIV)



A Threshing Floor

In the ancient world, farmers used threshing floors to separate grain from its inedible husk (chaff) by beating it with a flail or walking animals on it—sometimes while towing a threshing sledge. Sledges were fitted with flint teeth to dehusk the grain more quickly. Other workers would turn the grain over so that it would be evenly threshed by the sledge.

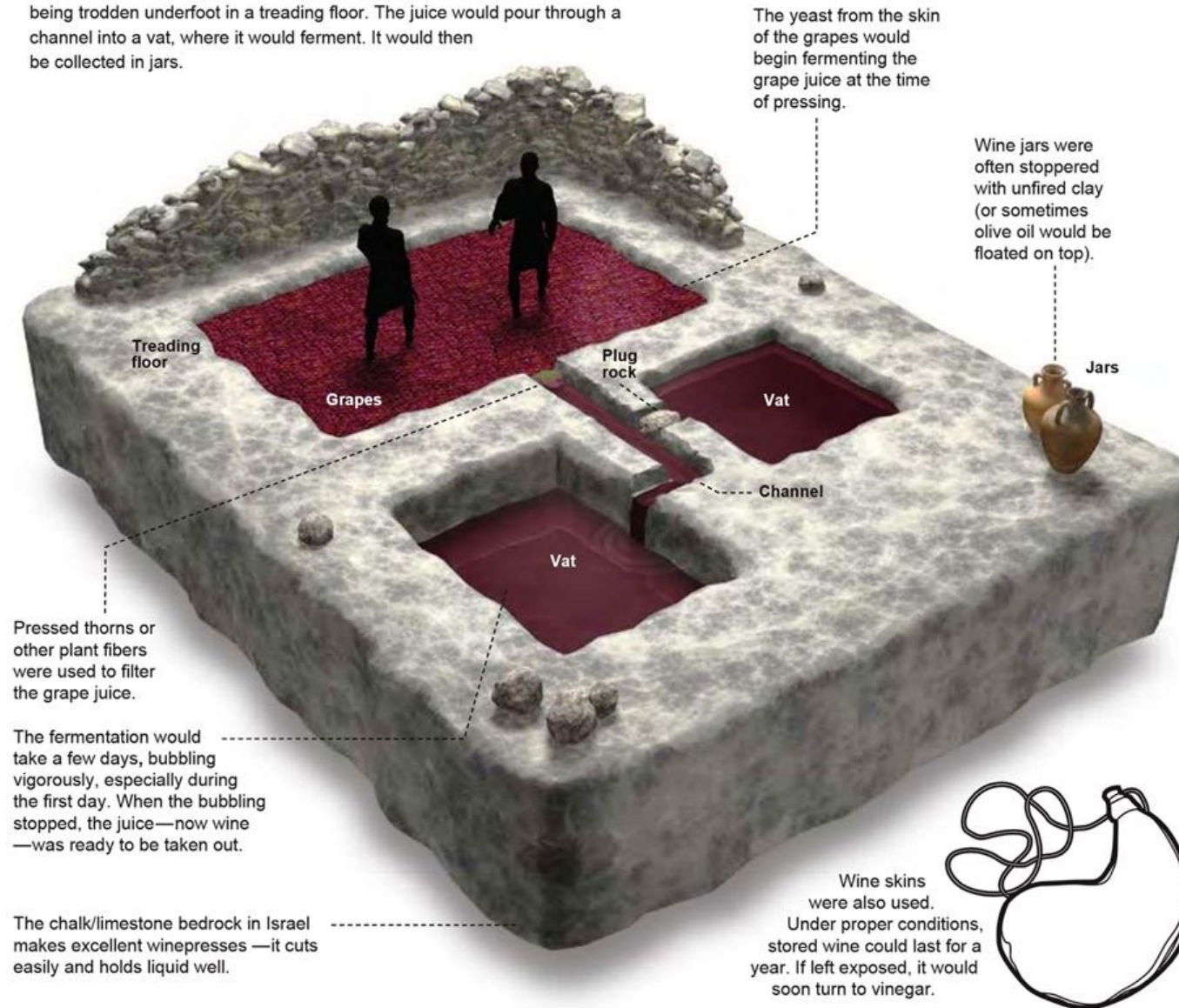


After threshing, the mixture was tossed into the air with a winnowing fan; the wind would blow away the lighter straw and chaff, leaving only the grain.



A Winepress in Ancient Israel

An ancient winepress was a rock-hewn open-air system. Grapes were pressed by being trodden underfoot in a treading floor. The juice would pour through a channel into a vat, where it would ferment. It would then be collected in jars.



When we have to come face to face with our heart issues we do one of three things:

1. Run from it because it is too uncomfortable.
2. Fake it, pretend like everything is ok, live a life of hypocrisy, and hope the problem goes away.
3. Develop the ability to "mind the gap."

Minding the gap means pausing and tuning into an inner dialogue and understanding why your shadow self is not reflective of who you are and what recurring patterns are happening in your life.

“Every one of us is shadowed by an illusory person: a false self. We are not very good at recognizing illusions, least of all the ones we cherish about ourselves-the ones we are born with and which feed the roots of sin. A life devoted to the cult of this shadow is what is called a life of sin.”

“In our zeal to become the landlords of our own being we cling to each achievement as a kind of verification of our own self-proclaimed reality. We become the center and God somehow recedes to an invisible fringe.”

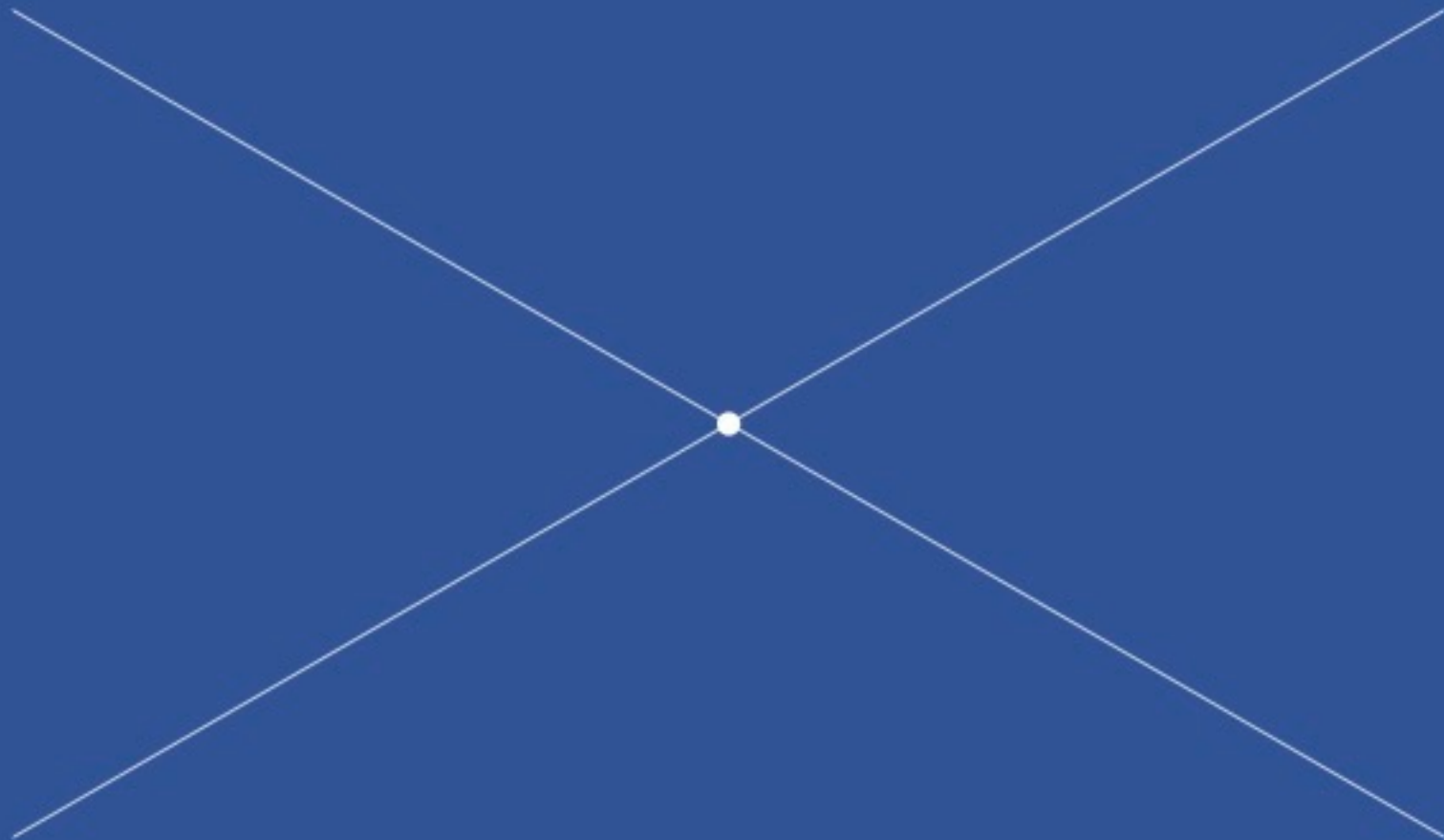
- Steve Cuss, Managing Leadership Anxiety

Guilt

Anger

Jealousy

Greed



On the outside I like to portray certainty and confidence. I am prone to speak in absolutes even when I'm not sure and I have a deep need to be impressive.

What I really try to hide is the insecurity that I face, I am always wondering what people think of me, I live with much internal anger from the wrongs I have experienced through ministry, work, and my own personal life. The result is that I have become a people pleaser, I don't handle conflict well, I avoid, and I do things to prove people wrong in order to make myself feel better.



Kintsugi means “golden joinery.” It’s the art of joining broken pieces of pottery with a liquid resin that resembles gold. The result is a bowl or vase that is more beautiful than the original piece.